

Dear Rhode Island AL-Anon:

I am writing to share the dire situation of RI AL-Anon. This has been an on-going situation, even though it might not have been discussed. The Rhode Island Area World Service Committee currently has 11 open positions. Without these positions being filled, it is very difficult for RI AL-Anon to continue to function the way an Area is intended to function, as laid out in the Service Manual. These openings put a lot of strain on the members that hold positions currently-these openings put gaps in the Service Structure. All service positions are separate, but for the Area to function as a whole, these need to be filled.

Overwhelming response from the Fall Assembly feedback forms was that we should talk about service positions less. Without Area Service positions being filled; RI AL-Anon structure does not exist.

I feel that I should explain why an Assembly is held. An Assembly is a business meeting-not a fellowship meeting. (Page 67 of Service Manual)

An Assembly is held to discuss business topics and to elect new Area members. One of the main functions of an Area Assembly is to discuss service positions. (Page 140 of Service manual)

The following positions are currently open in the Area:

Alternate Delegate	Area Chair
Area Secretary	Alateen Coordinator
District 1 Representative	District 3 Representative
Forum Coordinator	Group records Coordinator
Public Outreach Coordinator	Website Coordinator
Workshop Coordinator	

In Addition to this we do not have volunteers for our RI AL-Anon Office and many groups do not have Group Representatives.

If these service positions are not filled-then the future of RI AL-Anon is in jeopardy. Concept ten teaches us that double headed management should be avoided. This applies to our current AWSC members doing just the service position they volunteered and were elected to do.

Any questions concerning the open service positions and the future of RI AL-Anon please reach out to me at:Delegate.riafg@gmail.com

Love in Service and Fellowship,

RI Area 49 Delegate,

Cindy Brimmer

“The future of RI AL-Anon is in your hands.”

LIFELINES

INSIDE
THIS
ISSUE

Rhode Island Al-Anon Family Groups

Area 49

MAY 2023

Editor's Corner

Are we done yet?

When can we be "done" with Al-Anon? Do we ever get to graduate? Where's the Certificate Of Completion?

Human beings love closure. **We want happy endings.** More than anything, we want our qualifiers to recover, so we can heal from the pain and suffering of alcoholism.

As our AA friends know, **our need for Al-Anon doesn't end when someone stops drinking.** It just enters a new phase.

Long-term Al-Anon friends in the rooms tell us: "Al-Anon is not a destination. **Al-Anon is a way of life.** To get sane and and *stay* sane, you have to work your program from now on."

That sounds way too challenging! Why do I have to keep going to meetings, keep working the steps, keep taking my *own* inventory? This is exhausting!

Our reactions may give us some sympathy for our beloved qualifiers. We're just like them. Of course we are; we suffer from the same disease! And, like our qualifiers, **our return to sanity is not permanent unless we keep working our program of recovery.**

We hear it in the rooms, and read it in the literature: "Progress not perfection. A day at a time. Easy does it. Keep coming back. Just for today."

There is no specific day when we're done with Al-Anon, and **Al-Anon is never done with us.** You don't need a graduation day. Instead, you get today. And just for today, take a moment and celebrate all you've accomplished in Al-Anon.

And tomorrow . . . we'll see you at the meeting.

Gratefully in service,
Eden C., Lifelines Editor lifelines.riafg@gmail.com

PS: See you at our **Spring Assembly**, June 10! Information in this issue.

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**SUBSCRIBE TO
LIFELINES**

Aim your phone camera
at the QR code
and sign up anonymously

Upcoming Events

MAY 21: Serenity on Sunday 4th Anniversary Celebration. See Page 6 for more details.

JUNE 10: RIAFG Spring Assembly open to ALL. Please attend and help keep RIAFG operating in the Ocean State. See Page 4 and www.riafg.org for more details.

JUNE 29-JULY 2: Al-Anon International Convention in Albuquerque, NM. More information here: <https://al-anon.org/wso-events/2023-al-anon-international-convention/>

STEP FIVE

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

TRADITION FIVE

The rights of appeal and petition protect minorities and insure that they be heard.

CONCEPT FIVE

Each Al-Anon Family Group has but one purpose: to help families of alcoholics. We do this by practicing the Twelve Steps of AA ourselves, by encouraging and understanding our alcoholic relatives, and by welcoming and giving comfort to families of alcoholics.

RIAFG

2023 SPRING ASSEMBLY

SATURDAY JUNE 10

9AM-1PM (REGISTRATION 8:30AM)

**ST. LUKE'S EPISCOPAL CHURCH
99 E. PEIRCE ST.
EAST GREENWICH, RI**

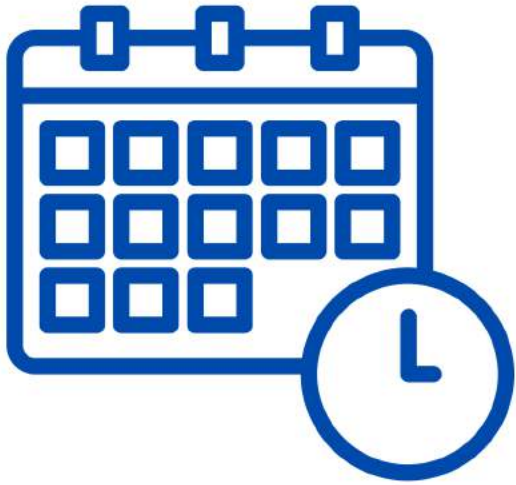
**District and Area Updates
Support and Education
Sharing and Connecting
Group Representative Voting**

**\$5 REGISTRATION PER GROUP
(PAY AT THE DOOR)**

www.riafg.org

NEW MEETINGS!

Full meeting list (in person & online) at riafg.org



Thursdays, 7:00 P.M.

Al-Anon United
Praise Tabernacle
330 Park Ave, Cranston RI

Fridays, 5:00 P.M.

Let It Begin With Me
St. Paul's Episcopal Church
Parish Hall (Fireplace Room),
76 Main St., Wickford RI

WE NEED YOU!

***Alternate Delegate Area Chair Area Secretary
Website Coordinator Public Outreach Coordinator
Group Records Coordinator Group Representatives
Forum Coordinator. Alateen Coordinator
District 1 Representative
District 3 Representative***

Service is a great way to work your program of recovery!

Your RI Area needs you, NOW!

Email alanon.riafg@gmail.com

or visit our website www.riafg.org to learn more.

4th Anniversary

“Serenity on Sunday”

Sunday, May 21, 2023

YANA Clubhouse 770 Aquidneck Ave
Middletown, RI 02842

5 PM Pot Luck

6 PM Showing of Documentary Film
“Lois W. & the Pioneers”

Contact Beth with Questions
401-523-1653

Meeting Space (s) Available!

Did you lose your meeting space during the pandemic?
Need a different spot? Starting a new meeting group?
The **East Greenwich Lutheran Church** on
Division Street has available meeting rooms.
Contact the office at firstlutheraneg1@gmail.com.



Butler Hospital in Providence has reopened **Ray Conference Center**, which means it's available (again) for Al-Anon and for other 12 step meetings. Prior to March 2020 there were active meetings on the Butler campus. If you'd like to create a new RIAFG group at Butler, email alanon.riafg@gmail.com to get started.

RIAFG Literature News!



May 2023 Note from your Literature Coordinator:

Hello—

First, I'm just reminding groups that the new hard-copy **Service Manuals** are in stock at the RIAFG Office. The new price is \$11. While it might be wise for each in-person group to have a hard copy, please also remember that the new Service Manual is available as a free download at this address:

<https://al-anon.org/for-members/members-resources/manuals-and-guidelines/service-manual/>

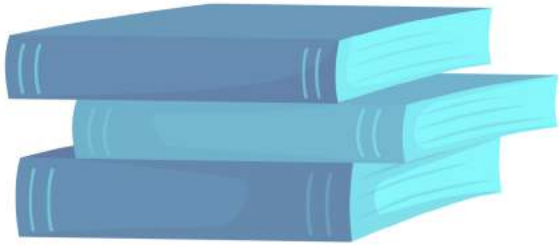
I also want to alert groups to an item that might be helpful. Below is the web address for the **Catalog of Al-anon Conference Approved Literature from WSO**. We have our Literature catalog on our RIAFG website for our in-person inventory at the office, and for your orders, but this catalog can be helpful if you are wanting to order pamphlets and need to see them by name and have a description of them.

We carry almost all of them in the office, and can get them for you if we don't.

Here's the link: <https://al-anon.org/pdf/S15.pdf>

As always, thank you for supporting the RI Area by buying Literature through the Office!

Yours in Service,
Wendy H.
RIAFG Literature Coordinator



Got Literature?

How to order Literature from the RI Literature Distribution Center Office

PLEASE NOTE: *There is a new order form available on the riafg.org website. The charge for shipping has been increased due to the increases from the Post Office. The new charges are: Orders from 0.00 to \$100.00, the charge is \$8.00, orders over \$100, the charge is 10% of the total for the order. Please use the new order form when you mail orders into the office. Include the correct total for shipping and be sure to fill out the contact information.*

To pick up at the office:

Mail in the literature request form (found on our website: riafg.org) along with a check to: RIAFG 106 Rolfe St. Cranston, RI 02910. Be sure to include your name and phone number. You will be called back when the order is ready for pickup. Payment is made at time of pickup.

To have literature mailed to you:

Include a check for the full amount of the order, the name and address for shipping, and your name and phone number. *Please note the increased shipping charges listed above.*

To shop at the office:

Leave a message at 401-781-0044 and someone will let you know when the office will be open.

Please note that if you are requesting only a few items, and you want to do pick up, you may call the office with the info.

Gratefully in service, Elaine H., Office Coordinator

"Our Three Legacies: The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony."

Recovery: Through the Steps

Unity: Through the Traditions

Service: Through the Concepts

The above statement is on page 1 of every *Forum* magazine.

When I first came to Al-Anon, I was a mess. After years of pretending to cope with my life, I fell flat on my face. I took home a copy of *One Day at a Time in Al-Anon*, the slogans, and the Serenity Prayer. They helped me calm down. I was not capable of reaching out to anyone. I focused on putting one foot in front of the other. I spent years using these simple tools. I never got a sponsor. **How could I impose on anyone else? How could I begin to reveal myself to another person?**

Early in program, my group needed a coffee maker. The commitment was only for a month. I could show up early, make coffee, and put out cookies. My group had a beginners' meeting an hour before the regular meeting. After 3 months, I was told I could lead that meeting, reading from the scripted pages. This was a 1 month commitment. I was grateful someone was there when I came to that newcomers' meeting. I did not think of making coffee and leading a newcomers' meeting as "service." **They were lifelines.**

I moved to Rhode Island. I made a commitment to attend as many meetings as possible. I needed to devote more time to my recovery. I attended a Step meeting and started to work through the Steps. I got a sponsor, who has become a dear friend throughout the years. **My life improved beyond measure.**

I learned about the Traditions. They helped me become a better member of Al-Anon and improved my relationships. I learned things that I was never taught as a child growing up in a family affected by Alcoholism. I set up before meetings, chaired meetings, sponsored people. I didn't know about the Concepts. A program friend suggested I stand for the position of editor of "Lifelines." I was hesitant. I loved writing. Writing for myself was one thing. Writing for a newsletter was daunting. **My Higher Power kept nudging me.** I decided to stand for that position.

Preparing our newsletter each month deepened my recovery. I learned about our Area's structure. I was exposed to and learned more about the Concepts. I attended a group that studied the Steps, Traditions, and Concepts. My life continued to improve.

The triangle is a symbol of strength and of stability. It has equal sides. Each side supports the other. If one side is missing or broken, it collapses. Without recovery there is no triangle. Without unity, there is no triangle. Without service, there is no triangle. It is just a flat line.

Our Spring Assembly is in June. This is our Area business meeting. This is when we can stand for the open Service positions so vital for Rhode Island Al-Anon. This is a call to all our members. Come, learn more about our Area. Come. Bring an Al-Anon friend. **Be a part of serving Al-Anon.**

Gratefully in service, Elaine H.



"I want to FIX them"

When I first came into the program, I didn't want to "understand and encourage" the alcoholics in my life. I wanted to FIX them! I was sure the problem was that they didn't realize how wrong their actions were. Surely they needed me to point that out! If they would just do what I say, everything would be fine! But all my judgment and disapproval only made things worse.

I'm so grateful for the many experienced members who showed me what detachment with love looks like. I'm learning now how to separate the person from the disease.

I'm learning how to maintain those relationships and still take care of myself. I can listen without trying to fix and I can show love without getting entangled because I understand a little better what is and is not my responsibility. **It's not my job to fix them, advise them, or cushion them from the consequences of their actions.** It's not even my job to make sure they're okay. My job is to take care of me and turn them over to their Higher Power. HP can do for them what I can't if I get out of the way.

The best help I can offer to others affected by the disease of alcoholism is to show them that this program really does work. "It is possible to find contentment, and even happiness, whether the alcoholic is still drinking or not." I didn't believe those words could be true when I first heard them. Yet that's my story now.

Thank you to my Higher Power and to all those loving members who showed me the way!

-- **Sandra**, *www.al-anon.org* contributor

Discover new experience, strength, and hope Al-Anon Member Blog:
<https://al-anon.org/for-members/members-resources/member-blog/>

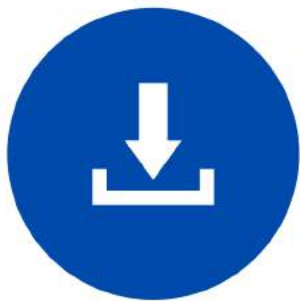


New to Al-Anon? You'll want to hear this.

Short, informational podcasts
just for Al-Anon **newcomers!**

We're glad you're here.

Click to: al-anon.org/newcomers/first-steps-al-anon-recovery/



Free Downloads!

So much to read, print, and **share!**

Click to: al-anon.org/for-members/members-resources/literature/downloadable-items/

RIAFG: Current ASWC Officers & Coordinators

Cindy B--Area Delegate

Terry L--Area Treasurer

Wendy H--Literature Coordinator

Eden C--Lifelines Editor

Elizabeth P--Area Alateen Process person

Ann P--Archives Coordinator

Elaine H--Office Coordinator

WELCOME our new coordinators:

Martha R--District 2 Representative

Sarah W--Email Coordinator

Chris E--AA Liaison

THANK YOU for your service!

Phyllis H--Group Records Coordinator

Ann H--Email Coordinator

Jackie W--Public Outreach Coordinator

Kim C--Website Coordinator

We still need help! Open positions:

**Alternate Delegate. Area Chair. Area Secretary
Website Coordinator. Public Outreach Coordinator**

Group Records Coordinator

Forum Coordinator. Alateen Coordinator

District 1 Representative

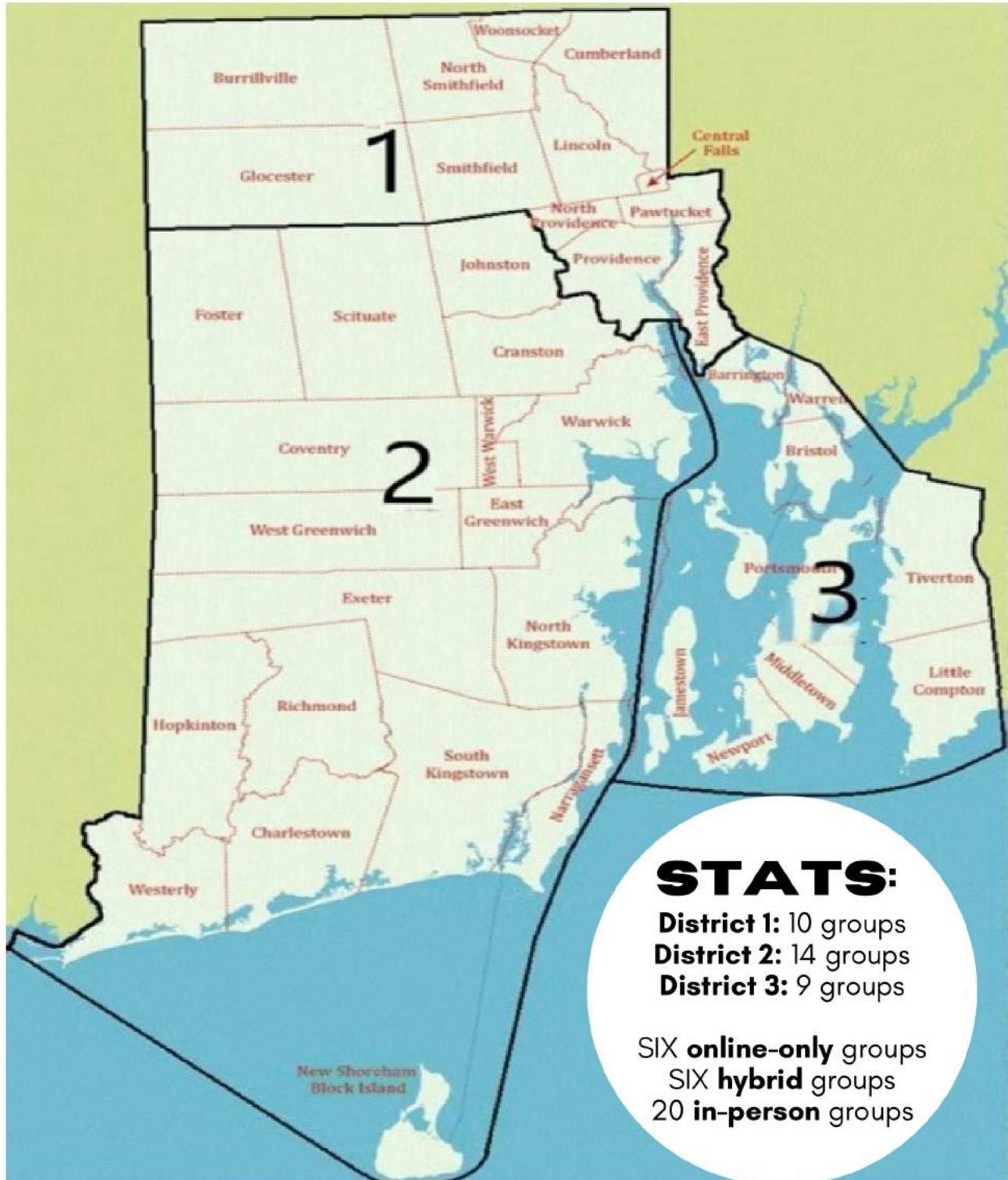
District 3 Representative

Where We Are: The RIAFG District Map

District 1: Burrillville, Central Falls, Cumberland, East Providence, Glocester, Lincoln, North Providence, North Smithfield, Pawtucket, Providence, Smithfield, Woonsocket.

District 2: Charlestown, Coventry, Cranston, East Greenwich, Exeter, Foster, Hopkinton, Johnston, Narragansett, New Shoreham, North Kingstown, Richmond, Scituate, South Kingstown, Warwick, West Greenwich, West Warwick, Westerly.

District 3: Barrington, Bristol, Jamestown, Middletown, Newport, Portsmouth, Little Compton, Tiverton, Warren.



"Where can I find a meeting?"

The current list of meetings is available at www.riafg.org.
The current In-Person/Hybrid and On-line/Phone meetings lists
and coronavirus updates can be found
under the "AL-ANON MEETINGS" tab.
Click on "MEETING LISTS.

*****Please check on line for meetings that fall on holidays***



Stay on the beam
&
in the know.

Download the
AFG Mobile App
today!

It's easy! Simply subscribe to the Premium Content on the **Al-Anon Family Groups Mobile App** to receive an additional boost of recovery each day. The Premium Content includes a daily sharing on a Step, Tradition, Concept, slogan, feeling, or another thoughtful topic to reflect upon throughout your day.

By subscribing to the Premium Content, you will receive a year's worth of entries, thus ensuring daily bursts of easily accessible serenity while on the go.

Go to www.al-anon.org/mobileapp to get the app.

RIAFG and WSO Need Your Support

TRADITION SEVEN: EVERY GROUP OUGHT TO BE FULLY SELF SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.

Thank You for your continued support! Whenever possible, please send donations to our RIAFG and WSO. It takes all of us to keep the “doors” of Al-Anon open to all who need it. Donate either personally or through your home groups.

Mail your donations to RIAFG:

RIAFG, 106 Rolfe St., Cranston, RI 02910

When you send in donations from your group, include the group number or the group name.

Make a donation to the World Service Office online at

<https://al-anon.org/contributions/>

Mail donates to WSO:

AFG Inc., 1600 Corporate Landing Parkway, Virginia Beach, VA 23454

CONTACT RIAFG

www.riafg.org

106 Rolfe St.

Cranston RI 02910

401-781-0044 Office hours available by calling this number.

Send your Lifelines announcements to lifelines.riafg@gmail.com

CONTACT WSO

www.al-anon.org

1600 Corporate Landing Parkway

Virginia Beach, VA 23454

757-563-1600

*God, grant me the serenity to accept the things I cannot change,
courage to change the things I can and wisdom to see the difference.*